



6935 Lake Plaza Drive

Indianapolis, In 46220

Located at Avalon Crossing

Check out our web page @ www.powerkidz.net

This is the first fitness gym of its kind in the world just for students age 6-18. Students come to the center and are dropped off. They work a hydraulic circuit (older kids also do weight assisted) learn stretching and strength training, cardio and cool down.

Personal trainers are on site to tailor programs for older students. A typical visit is between 1 and 2 hours. A variety of classes also offered.

State employees' children will receive **free** registration fee (\$25 savings). This gives your child the PowerKidz Tee, bag and sign in credential. Monthly fee is \$29.95 (regularly \$49.95) fee for unlimited gym usage.

Check out our all day school vacation and holiday camps (see web page above).

A ladies only program is offered on Tuesday and Friday @ 10am.

Regular Gym Hours:

M -F 3pm-9pm

Saturday 9 am-3 pm

Closed Sundays

Contact: Karin Glass (317-291-KIDZ) karinglass@aol.com

Employees must show state ID at the time of registration, participant health form required

No expiration date for this offer